

FITNESSNRG^{PT}

INFO 18th JUNE 2014

LAST DAY FOR HOODIE ORDERS IS MONDAY 23RD JUNE

COST \$45

COLOURS BLACK, RED OR WHITE



HOODIE WITH FRONT ZIP

These hoodies are a unisex size.
Size chart is available in studio



HOODIE NO ZIP

These hoodies are available in women's
and men's sizes



BACK OF HOODIES

DATES TO REMEMBER

SAT 21ST JUNE
MON 23RD JUNE
WED 25TH JUNE
THURS 26TH JUNE
MON 14TH JULY
TUES 15TH JULY

THE GREAT RACE IS ON
LAST BOOTCAMP FOR CURRENT SCHEDULE
7PM "ONE OF STEP CLASS"... (BOOK A SPOT)
LAST DAY OF TERM CLASSES
BOOTCAMP STARTS
TERM 3 CLASSES BEGIN

THE GREAT RACE SAT 21ST JUNE 8.30AM

It's on again. There are four teams. Pink, Blue, Red and White. Each team will start 5mins apart, starting from 8.30am. The distance is approximately 17-18km and it will be a walk. Each team will come up with their own name and wear the chosen colour on the day. Compulsory .! You can be a little bit creative with your attire for extra points. Blue team have been given the name of last year's blue team "The Blue Boofheads".

The teams will be given a map and directions. There are about 20 photos in the notes. They need to answer questions and identify which tracks the photos were taken from. The Blue Boofheads earned their name by sabotaging clues along the tracks last year and ended up going down the wrong tracks eventually being disqualified. It was very funny ! If you want to be a part of this fun morning write your name in your chosen team on the board in the gym. Friends and family are welcome. The cost for non current Bootcamp Troops and guests is \$20. All 10 week members are automatically in, which is part of their class participation.

Please bring a back pack with plenty of water, a pen and your mobile phone. A light raincoat may come in handy. If you are thinking about it, think no more... The walk is fantastic with great views and stunning bushland..

RECIPE – SAAAARGES TERIYAKI SALMON Serves 4

This is an easy nutritious meal anyone can cook . If your lives are busy and you want something quick to cook which is deeelicious.. Check out Saaaarges quick salmon. It's a favourite at the barracks.

INGREDIENTS

4 Tasmanian Salmon Fillets (Skin On)
Hollandaise Sauce
Sweet Potatoe
Teriyaki Marinade (Not the sauce. Get the marinade which is a thick consistency)
Asparagus and Snow Peas

METHOD

1. Coat salmon with marinade and let it stand while preparing vegetables.
2. Preheat Grill on high
3. Peel sweet potatoe and start cooking
4. Place salmon under a hot grill with the skin facing up. Brush with marinade and cook until the skin is crispy . It should take approx 8 min. Turn over and brush with marinade again. Cook another 3-5 min. Cook for 5 min if you like it firm.
5. While the salmon is cooking , steam the asparagus and snow peas. Don't overcook though. They should be nice and crisp when eaten.
6. Mash sweet potatoe
7. Spoon sweet potatoe on plate with the salmon on top
8. Serve with warm hollandaise poured over vegetables

Enjoy ☺